

March 23

Matthew 9:14, 15

“Mourn & Fast”



**14 Then came to him the
disciples of John, saying,
Why do we and the
Pharisees fast oft, but thy
disciples fast not?**

**15 And Jesus said unto
them, Can the children of
the bride-chamber mourn,
as long as the bridegroom
is with them? but the days
will come, when the
bridegroom shall be taken
from them, and then shall
they fast.**

Jesus was saying that
fasting was connected

to mourning and there was no need to mourn while he was still with them. Jesus said his disciples would fast after he was gone.

As Scripture-reading,
Scripture-believing,
and
Scripture-practicing
Followers of Christ,
we understand that

there are times of
mourning and there
are also times which
are conducive to
fasting.

Rather than from
requirement or
expectation, may we
be Spirit-led
concerning WHEN,
WHY, and
HOW to mourn

and fast in ways which
are acceptable to the
Most High.